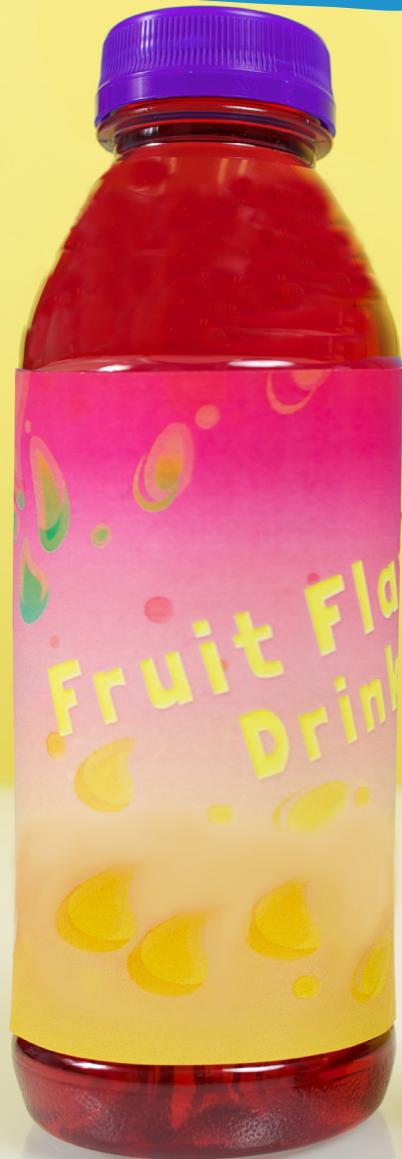


**A fruit-flavored drink
must be healthy, right? Wrong.
A 20-ounce drink can have as much
sugar as 2 regular-sized candy bars.**



Want something healthy?

**Eat a piece of fruit and
drink water.**

.....
Get the facts at playeveryday.alaska.gov.

